

HEALTHY Lifestyle

Adult Fitness

Silver Sneakers

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. Unlock the door to greater independence and a healthier life with SilverSneakers. Health plans around the country offer our award-winning program to people who are eligible for Medicare or to group retirees. SilverSneakers provides a fitness center membership to any participating location across the country. This great benefit includes a full membership with access to all The Recreation Center - Lake Jackson's amenities. Call our friendly staff at (979) 297-4533 to find out if you are eligible!

